

What every HDR student should know about Mental Health services and support.

<i>You are an HDR student who is...</i>	<i>You can access these activities and services...</i>	<i>And here are the details...</i>
...lonely, isolated, and homesick, or simply looking to engage with other grad students	Monthly HDR social drinks, lunches, yoga, casual sports competitions, and annual trivia night - all free!	Subscribe to the MGA newsletter
...keen to connect with other graduates in the school	Funding to start up a social group in the school.	Establish an MGA Graduate student group
...feeling stressed, having trouble concentrating, or experiencing burnout	Practicing mindfulness, building time management and organisation skills	Monash Mindfulness Programs and resources , Monash Learn HQ for building study skills
...having trouble maintaining healthy habits	Info on improving sleep, exercising with a busy schedule, and eating well	THRIVE Maintaining Healthy Habits resources
...struggling financially	Help purchasing food, accessing an emergency grant or short-term loan	MGA Welfare Grants Scheme , MGA Financial Assistance guide, THRIVE Financial Stress resources
...needing help with your mental health	Info on counselling, mindfulness, yoga, social events, advocacy and special consideration	MGA Mental health and Wellbeing guide, THRIVE Unexpected Health Challenge guide
...feeling distressed or unsafe	Monash safety and security services for all incidents or emergencies, Monash University Health Services and Monash Counselling.	Monash University Health Service Clayton: +61 3 9905 3175 Monash Counselling Safer Community Unit Monash Security 24/7
...struggling with identity	Resources, communities, and support services for LGBTQIA+, Aboriginal and Torres Strait Islander peoples, religious individuals, and those from different ethnicities and cultures	THRIVE International , THRIVE HDR Identity resources

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...looking for funding to run a faculty conference or seminar.	Apply for conference organiser and seminar organiser funding	MGA Graduate student groups funding
...struggling with writing and/or procrastination.	Join or start a “Shut-up and write” group in your school or on your campus. Apply for the annual MGA thesis-writing bootcamp	Email the MGA mga@monash.edu
...looking for a 24/7 graduate space for work/socialising.	Access MGA graduate lounges across all campuses	Find your campus facilities
...needing to book a meeting room.	Book MGA meeting rooms free of charge, available on Clayton and Caulfield campuses	Email the MGA mga@monash.edu
...wanting to change a policy, procedure or regulation adversely affecting graduates.	MGA is keen to seek input from the wider graduate community in order to lobby for improvements. MGA student reps sit on all major university committees	Email the MGA Executive Officer jenny.reeder@monash.edu
...having trouble with a supervisor, IP, milestones, anything at all related to your Monash experience.	Contact an MGA Advocate for free, confidential and independent advice. Visit the Thrive HDR website to learn how to navigate supervisory relationships	MGA Advocacy All HDRs on all campuses: mga-advocacy@monash.edu Monash Thrive HDR Navigating Work Culture and Candidature
...also a parent	Graduate parent coffee club, family-friendly study room, info on childcare, parental leave and children on campus	MGA Graduate student parents’ guide , Thrive Parents/Carers resources
...accused of general or research misconduct	Contact the MGA advocacy service for confidential advice and support through formal misconduct procedures	MGA Advocacy All HDRs on all campuses: mga-advocacy@monash.edu